

5 I claim:

1. A sliding exercise apparatus and recreational device comprising a sports board, being of sufficient size and rigidity to support a user, said sports board having a top for contacting a user and a bottom for sliding along a support surface, said bottom providing a substrate supporting stick-on sheeting material applied thereto, said stick-on sheeting material having an adhesive layer for adhering said stick-on sheeting material to said sports board and a low-friction durable layer for engaging in sliding contact with said support surface.

2. The sliding exercise apparatus of claim 1 wherein said sports board is a member selected from the group consisting of snow boards, surfboards, skis, skate boards, body boards, sail boards, wake boards, water skis, sleds and runners applied to the frame of a bicycle.

3. The sliding exercise apparatus of claim 1 wherein said low-friction durable layer comprises, a member selected from the group consisting of nylon, Texlon, sailcloth, Dacron and polyester resins.

20 4. The sliding exercise apparatus of claim 1 wherein said support surface has applied thereto low-friction durable sheeting for contacting said stick-on sheeting material.

5 5. The sliding exercise apparatus of claim 4 wherein said low-friction durable sheeting comprises a member selected from the group consisting of nylon, Texlon, sailcloth, Dacron and polyester resins.

6. 6. The sliding exercise apparatus of claim 4 wherein said low-friction durable sheeting comprises stick-on sheeting material having an adhering layer for 10 adhering said low-friction durable sheeting to said support surface and a low-friction durable layer for engaging in sliding contact with said sports board.

7. 7. A sliding exercise apparatus and recreational device comprising the combination of a sports board, being of sufficient size and rigidity to support a user, and a support surface, said sports board having a top for contacting a user and a bottom for sliding along the support surface, said bottom being a substrate supporting stick-on sheeting material adhered thereto, said stick-on sheeting material having an adhering layer and a low-friction durable layer for engaging in sliding contact with low-friction durable sheeting being supported by and in contact with said support surface.

20 8. A sliding exercise apparatus and recreational device comprising the combination of a support surface and stick-on sheeting material, said stick-on sheeting material having an adhesive layer and a low-friction durable layer, said adhesive layer being applied to a piece of wearing apparel of a user and said low-

5 friction durable layer constructed to contact said support surface during use, said support surface having applied thereto, low-friction durable sheeting for contacting said stick-on sheeting material.

9. The sliding exercise apparatus of claim 8 wherein both said low-friction durable sheeting and stick-on sheeting material are members selected from the group consisting of nylon, Texlon, sailcloth, Dacron and polyester resins.

10. The sliding exercise apparatus of claim 8 wherein said stick-on sheeting material is applied to a user's torso.

11. The sliding exercise apparatus of claim 8 wherein said stick-on sheeting material is applied to a user's shoes.

12. The sliding exercise apparatus of claim 8 wherein said stick-on sheeting material is applied to a user's knee pads.

13. A method of engaging in recreational exercise comprising, providing a sports board of sufficient size and rigidity to support a user, said sports board having a top for contacting the user and a bottom for sliding along a support surface, applying stick-on sheeting material to the bottom of said sports board by adhering an adhesive layer of said stick-on sheeting material to said bottom of said sports board, said stick-on sheeting material further being characterized as having

5 a low-friction durable layer thereon for engaging in sliding contact with said support surface, and sliding said sports board along said support surface while said user remains in contact with said top surface of said sports board.

14. A method of engaging in recreational exercise comprising applying stick-on sheeting material having an adhesive layer and a low-friction durable layer
10 to a piece of wearing apparel of a user, said low-friction durable layer constructed to contact a support surface during use, the support surface having applied thereto, low-friction durable sheeting for contacting said stick-on sheeting material and causing the user to slide along said support surface by contacting said stick-on sheeting material to said low-friction durable sheeting.

15 15. A support for receiving in sliding engagement a user seeking a low friction, durable surface, said support comprising a handrail having been at least partially wrapped in stick-on sheeting material having an adhesive layer and low friction durable layer.

16. A support for receiving in sliding engagement a user seeking a low
20 friction, durable surface, said support comprising a gym mat having been at least partially covered with stick-on sheeting material having an adhesive layer and low friction durable layer.

5 17. A support for receiving, in sliding engagement, a user seeking a low friction, durable surface, said support comprising a slide at least partially covered with stick-on sheeting material having an adhesive layer and low friction durable layer.

18. The support of claim 17 wherein said slide is of the type configured
10 for use as a waterslide.

19. A support for receiving in sliding engagement a user seeking a low friction, durable surface, said support comprising a trampoline having been at least partially covered with stick-on sheeting material and having an adhesive layer and low friction durable layer.

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